

S.W.A.N Expedition Kit List

It's ALL Important	All items on this list are important. Ask a leader well beforehand if you are short of anything
Pack in Holdalls	Please pack kit in flexible kitbags, holdalls, sports bags etc. (these are easy to transport and store). Do not bring Rigid suitcases framed rucksacks etc.
Label it	With name of Scout/Explorer, name of the boat and home area so kit ends up in the right place.
Scouts pack it	Young people should pack their own kit, know where everything is packed and be able to carry their own bags.
Bag it	Pack everything in strong polythene bags or dry bags (inside kitbag). It keeps kit dry and makes packing & unpacking the boats quicker and easier. Don't use bin bags, they rip & kit may end up in a skip by mistake.
Night Bag	The boat you sleep on maybe different to the one you sail on but your night kit moves with you so a separate small holdall or sports bag for your sleeping bag and nightclothes is needed for moving kit between boats. Boats are provided with blankets and pillows
Can you roll it?	Sleeping bags need putting away every morning so make sure you can pack your own, practice .
Days are long hot, cold, wet, sunny, windy, snowy, icy.	Sailing does not usually stop for rain or cold so waterproofs and warm clothes are essential. If there is a heat wave, cool loose fitting clothes to cover the skin and a wide brimmed hat are required for sun protection. We often sail for 10-12 hours per day.
Space is tight	Clean socks and underwear for every day is encouraged, but outer clothing can be worn for several days as storage space is limited. A complete change of dry clothing, even if previously worn, needs to be kept "just in case".
There isn't a safe	Electrical items, mobile phones, jewelry and other valuables – Expedition staff and skippers cannot accept responsibility for the loss or damage to such items so please either leave at home or take extra care. Essentials can be kept in a small snap lid waterproof box.
Flash sailing gear is nice but...	It's not a requirement, especially for those who are still growing Sailing boots are good if you have them (you are not expected to purchase) but ordinary Wellington boots are dangerous. Town shoes and boots damage the decks of the boats.
Look After it!	Keep your kit tidy, other people may be sleeping or meeting on your boat. It's less likely to get mixed up with other peoples things or have wet jackets put on it if you keep it tidy.
Where do I charge it?	Most boats don't have any power and those that do only a limited amount. So assume you won't be able to recharge anything during the week

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| <input type="checkbox"/> Waterproof coat & over trousers | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> Fleece Jacket (NOT Heavy coats) | <input type="checkbox"/> Carry-mat /Roll-mat |
| <input type="checkbox"/> Jumpers | <input type="checkbox"/> Torch & Spare Batteries |
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Sun glasses / spare glasses & safety strap / cord |
| <input type="checkbox"/> Warm and cool activity trousers | <input type="checkbox"/> Wash kit. Small hand gel, Pkt wet wipes |
| <input type="checkbox"/> Cold weather hat | <input type="checkbox"/> Personal First Aid Kit and medication |
| <input type="checkbox"/> Wide brimmed sun hat | <input type="checkbox"/> Towels – 1 large 1 small |
| <input type="checkbox"/> Soft soled shoes or trainers (to grip wet decks) + spare pair recommended. | <input type="checkbox"/> Unbreakable mug (insulated with lid if possible) |
| <input type="checkbox"/> Sailing boots (if owned) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Socks & Underwear (+thermals) | <input type="checkbox"/> Hand cream, lip cream / balm and sun / wind cream / insect repellent |
| <input type="checkbox"/> Night wear e.g. tracksuit or pajamas | <input type="checkbox"/> Tea Towels |
| <input type="checkbox"/> Waterproof Gardening or sailing gloves | <input type="checkbox"/> Cake to share with crew |
| <input type="checkbox"/> Expedition sweatshirt marked with name | <input type="checkbox"/> Pencil, pen, paper, SWAN progress book |
| <input type="checkbox"/> Group neckerchief and woggle | <input type="checkbox"/> Playing cards or compact game |
| <input type="checkbox"/> Catering & Transport Money | <input type="checkbox"/> Personal Spending Money |
| <input type="checkbox"/> Trophy (if you won one last year) | |

Crew Caterers

- Menu & Shopping List
- Small food & household items (e.g. salt, pepper, mixed herbs, sugar, gravy granules, washing up liquid).
- Long gas lighter and matches.
- Tea Towels, Dish Cloths and Floor Cloths
- Food Containers, masher.

Skippers

- Sail Ties
- Tools including knife and shackle key. Insulation tape. Whistle.
- Charts and Maps
- Phone & / or Radio (for weather and shipping forecast)
- Alarm Clock
- Torch / Light that can be hung up to light the well for cooking
- Unbreakable flask(s)